

SPECIAL
POINTS OF
INTEREST:

- Commissioners' Meetings Monday, March 3rd and 17th and Monday, April 7th and 21st

NEWSLETTER
STAFF:

- Calvin Connally
- Karen Davies
- Rose Farmer
- Rhonda Griffin
- Sharon Hendricks
- Tonya Pegg
- Sherry Ramsey
- Debbie Rascoe
- Mindy Satterfield
- Paula Seamster
- Melissa Williamson
- Robbie J. Yarbrough

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The Caswell Connection

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MARCH / APRIL 2014

Road Trip Down Memory Lane...Caswell County DSS

By: Debbie Rascoe

We have just completed with our temporary pit stop, but we are all buckled up and ready to pursue our trip down memory lane.....

The year is 1974

World Population: approximately 4.012 billion

Aug 8, 1974: President Nixon resigns

Aug 9, 1974: President Gerald Ford of Michigan is sworn in as 38th president of the U.S.

People magazine debuts, with Mia Farrow gracing the cover.

Record of the Year: "Killing me softly with his song." By Roberta Flack

Ed Sullivan dies.

Local News:

Construction of Poole's Rest Home was completed in early 1974 and was licensed to begin operation. After three years of being off the State Standard Pay Plan, the agency and staff were returned in July 1974.

In November and December, 1974 several area industries began layoffs due to the recession. The halls of the Department became extremely crowded as workers came to the Social Services building to file claims for unemployment benefits and for Food Stamps. Due to the large number wanting to apply, appointments had to be scheduled. The wait time was up to four weeks. A plea to the community resulted in a number of volunteers coming forward to aid.

January 15, 1975, Mr. Frank Hinson becomes the Director.

On January 1, 1976, a new State

statue under the Protection of the Abused, Neglected, or Exploited Disabled Adult Act became effective. The agency's Adult Service workers quickly began investigating reported suspected cases of adult neglect, abuse and exploitation.

A proposed county personnel plan which would cause agency staff members to lose benefits promised them at the time of their employment dampened staff spirits and morale as 1976 came to a close.

In October 1978, the county's first Day Care Group Home was certified.

Mr. Robert Gribble, Jr. was appointed Director effective August 1, 1979.

In March, 1980 a total of 3,252 individuals received food stamps from the agency. This represented approximately one out of seven of all county residents.

In January, 1982, a total of 928 households had been approved for assistance during the 1982 Low Income Energy Assistance Program.

The number of reported suspected sexual child abuse cases in the county continued to increase. In September 1983, the agency began using Teach-A-Body anatomically correct dolls in its investigations.

In May 1985, the Social Services Board was given a report on recently licensed adult group homes which brought total licensed homes to twenty-two and total beds to two hundred and twelve.

With the trend toward more efficiency by using computers, the

agency received an IBM computer in May 1985.

In October, 1986 the agency implemented a new AFDC Emergency Assistance Program which would provide AFDC assistance in certain emergency situations.

A report on the Child Support Enforcement Program in July, 1987 revealed that this program was cost effective and was returning a profit in IV-D services.

On July 1, 1987, the Caswell County Social Services Department completed fifty years of service to the citizens of Caswell County. Fifty years earlier, the staff consisted of (2) caseworkers and the Superintendent.

The history of the first 50 years of Caswell County Department of Social Services was compiled from minutes of the Board of Social Services meetings from July, 1937 to July 1987. The history was first written in February 1977 and was updated in 1987 by Mr. Harold Dodson to commemorate the fiftieth anniversary of the agency.

On July 1, 2012, the Caswell County DSS completed 75 years of service to the citizens of Caswell County.

Today, staff consists of (48) workers and the Director.

This concludes our Road Trip down memory lane. I hope you have enjoyed the ride.



9 easy tips to help allergy-proof your home

By: Melissa Williamson



**"Know how
to listen, and
you will
profit even
from those
who talk
badly."
-Plutarch**

First and perhaps most important, change your air filters every month. This is something that's easy to forget or put off, but it makes a world of difference. Byrne suggests you pick a date -- perhaps the first -- and stick to it.

Cleaning -- particularly dusting and vacuuming -- is a must. Make sure your vacuum has a [HEPA filter](#) and make sure it's clean. HEPA filters trap particles, keeping them from recirculating and spewing back into the air.

You also might consider investing in a small room filter.

"It'd be nice to have one in your bedroom," Byrne said. "Your bedroom is the most important room to keep allergy free."

To that end, you might want to evict Fido and Fluffy from the bedrooms. At the very least, keep them off the beds. "When you have animals that come in and out of your house, what they're doing is bringing in grass, pollen and dust from the outdoors," Byrne said.

Dogs need weekly baths. Cats, too, if they go outside. (Good luck with that.) If a full blown bath simply isn't an option, most pet stores carry pet bath wipes, which are exactly what they sound like. In addition, regular brushing will reduce dander and shedding.

Also on the washing and cleaning front, wash your bedding in hot water every week. Yes, every week.

"Once a week in hot water kills all the dust mites," Byrne said. Use the hot setting on your dryer, too. Heat is the key to killing dust mites.

Dust mites, which are barely visible to the naked eye, feed on the skin we and our pets shed. According to [WebMD](#), most people shed enough skin in a single day to feed 1 million dust mites.

"Flakes of dead skin in carpeting, beds, and furniture are like snacks for dust mites," according to the popular website. Even grosser, the feces of dust mites contain enzymes that a serious allergen, inducing reactions like wheezing, sneezing, itchy eyes and a stuffy or runny nose. House dust mites are a major trigger of asthma.

The weather is gorgeous and Mother Nature might be begging you to open your doors and windows and let her in. Resist.

Keeping your doors and windows closed keeps allergens like dust and pollen outside.

That goes for cars, too.

Use the inside air setting to recirculate air rather than bringing in air from the outside.

Consider showering, or at least rinsing off, before you go to bed. This is an especially good idea if you've worked up a sweat or have spent some time working or playing outside.

"You don't want to breathe that in your airways all night," Byrne said.

Finally, don't just take allergy medication when your symptoms get bad. If you take a non-sedating medication every day, you can head off the nastiness of allergy symptoms before it starts.

"You want to prevent symptoms from flaring up," Byrne said.

Nasal rinses also are a good idea, particularly if you don't want to take a medication every day. Byrne said rinses and medication work great in combination.



Upcoming Library Programs

By: Rhonda Griffin

Adult Program:

Want to join a book club?

Please join us for an Adult Book Club interest meeting. March 10, 2014 @ 6:00pm at the Caswell County Public Library.

This is an organization meeting to set up dates, times, gage interest, etc.

Please sign up at the circulation desk.



Book or Movie?

A State Library grant enabled the Library and the Parks and Recreation Department to team up to offer free movies at the Parks and Recreation Gym for anyone interested.

Movie Dates and Times:
(Free and open to everyone)

February 22, 2014 @ 6:00 p.m.—The Hunger Games

March 22, 2014 @ 6:00 p.m.—Jumper

April 26, 2014 @ 6:00 p.m.—I Am Number Four

May 31, 2014 @ TBA—The Outsiders

June 28, 2014 @ TBA—R.I.P.D

July 26, 2014 @ TBA—The Hobbit: An Unexpected Journey

August 23, 2014 @ TBA—Beastly

Many BY students walk to the Library and the Parks and Recreation after school. All of the movies listed were books first.

“The wise man carries his possessions within him.”

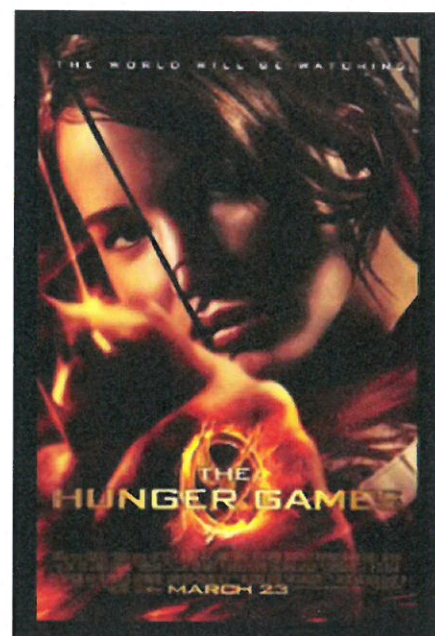
-Bias

Movies at the Library!

The Hunger Games (2012)

142 min - [Adventure](#) | [Sci-Fi](#) | [Thriller](#) - [23 March 2012 \(USA\)](#)

Katniss Everdeen voluntarily takes her younger sister's place in the Hunger Games, a televised fight to the death in which two teenagers from each of the twelve Districts of Panem are chosen at random to compete.



EMS Display

By: Jeff Sicz

The Caswell County EMS is included in a display that is set up at the State Office of Emergency Medical Services in Raleigh on the campus of the former Dorthea Dix Hospital. Congratulations to all the EMS Workers!!!!



"[Memory is] a

man's real

possession...in

nothing else is he

rich, in nothing

else is he poor."

-Alexander Smith

Youth O/E Program

By: Tonya Pegg

The "That's Life, Why Try" Life Skills classes focused on "Jumping Hurdles" during February. We learned that everyone experiences setbacks, but successful people "jump back up" and keep trying. Hurdles can be small or large, seen or unseen, affect just you or everyone around you, but you can create options to overcome your hurdles. Our Middle School group visited the Changing Amer-

ica Exhibit. There we saw all the many hurdles that were overcome for freedom and rights. (See picture)

Our High School group had a visit from Harley Dabbs who is burn victim survivor. Although 85% of her body was burned at age 2, at 18 she has overcome her hurdle of the scars left behind and says she would not change them if she could. (See picture)



Cooperative Extension News

By: Sherry Ramsey



Cooperative Extension Serving People A brief history

The Cooperative Extension Service will be celebrating its 100-year anniversary in May 2014.

Extension's beginnings

Extension work reaches back to the last century, when parallel 19th-century federal and state movements emphasized the need for helping working-class people gain practical education to improve their lives. Nationally, Sen. Justin Morrill of Vermont and others promoted the notion that education should be practical and available to the masses. In North Carolina, a group of young, progress-minded men came together to form the Watauga Club. The group emphasized the need for an industrial school to serve the state's people.

In 1862 the federal Morrill Act provided funds from the sale of public lands to establish colleges for teaching agriculture and mechanical arts. In North Carolina, the funds helped

finance what is now known as North Carolina State University, founded in 1887. The Second Morrill Act, passed in 1890, extended the benefits of the original act to the black population of 16 Southern states. As a result, North Carolina A&T State University was established.

From the start, administrators at both N.C. State and N.C. A&T State realized the importance of extension work in bringing research-based knowledge to bear on the lives of farmers, families and others. The 1887 Hatch Act allowed for the creation of agricultural experiment stations to conduct agricultural research and discover scientific knowledge to be shared with students and farmers. The Smith-Lever Act of 1914 strengthened the concept of service to the community by creating a cooperative system through which land-grant college administrators could join with the U.S. Department of Agriculture to conduct demonstration work. It was this act

that formally established what was then called the North Carolina Agricultural Extension Service.

The federal and state cooperation inspired by the Smith-Lever Act is enhanced by the added partnership of county governments. Since the North Carolina Cooperative Extension Service's inception, county boards of commissioners have provided support to ensure that their citizenry benefit from its work.



**"Reputation
is what other
people know
about about
you. Honor is
what you
know about
yourself"**

-Lois

McMaster

Bujold

Senior Center News

BY: Robbie Jean Yarbrough

We thought it would be fun for you to meet our staff here at the Senior Center. I will highlight a different employee in each newsletter. Rita Simon is the head of our nutrition department at the Senior Center. She handles our Meals on Wheels Program and the Congregate meal program. She does a great job of trying to meet the needs of the seniors in Caswell County of getting out hot meals to the home bound and for providing meals for the ones that are able to come in. She enjoys her job and the chance to make a difference in people's lives. She is a great co-worker and staff person at the Senior Center. Rita is married to Pete Simon and they have two children.

Miranda is a freshman at Lenoir Rhyne University with Soccer and Academic scholarships., JD is in the 7 grade at Dillard and enjoys Soccer. Rita enjoys attending her children's soccer games and being involved in their activities. The Senior Center is blessed to have Rita.

The Senior Center will start Senior Game sign-up on Tuesday, March 4. We would like to invite anyone 55 or older to join us. We offer Corn

Hole, Bocce, Shuffleboard and many other events. If you are interested come by the Senior Center to sign up and you could qualify for State Senior Games.



Get Ready for the 1st Annual Caswell County Employee Flea Market

Caswell County Employees will hold their first ever Flea Market on April 12, 2014 (Saturday) at Caswell County Parks and Recreation. Plan for a fun filled day of fellowship with your coworkers and the opportunity to Spring clean your house and get rid of some of your junk. You know what they say, "one's man's junk is another man's treasure."

A space of 10x10 can be rented for only \$5.00 and one non-perishable food item, which will be donated to the Caswell County Parrish. The Parrish will have their big truck on site at 1:00 for all items you don't wish to take back home and assist in loading them for you. It will operate from 7:00a.m. to 1:00p.m. Set up time will be between 6:00 a.m. and 7:00 a.m. All spaces will need to be paid for in advance and you can rent as many spaces as you need for \$5.00 (non-refundable) per space. Your checks need to be written to the Caswell County Parks and Recreation or cash will work. You will need to supply your own tables, chairs, and tents. If you are a crafter, baker or have a need to Spring clean, let's make it interesting! The event will be advertised and hopefully with good participation it will be great day. Look for the upcoming sign-up sheets and further details. No need for even a rain date, the gym will be available and we can move everything inside.

A committee has been formed and if you have any questions or suggestions, please feel free to contact Paula Seamster at (336) 694-4193 or Angy Turner at (336) 694-9318. Let's rally together and have some fun and make some money.



**Caswell County
Government**

PO Box 98
144 Court Square
Yanceyville, NC 27379
Phone: 336-694-4193



*PRESERVING THE PAST,
EMBRACING THE FUTURE*

**Interim County Manager
Robert "Bob" Murphy**

I am sure that most of you met Bob Murphy the new Interim County Manager when Kevin brought him around on Monday, February 17th. Bob has thirty years experience as a county and city manager. He will serve as the Interim County Manager until a new County Manager is hired. Bob is married to Peggy and they live in Rocky Mount, NC. Bob's career has included managing a diverse county with a manufacturing, commercial and agricultural based economy, a coastal county with a substantial commercial and tourism tax base and a suburban city located in a major metropolitan area.

Bob says that he is glad to be here and he hopes to make the transition to the new county manager a good one.

If you have not met Bob please stop by his office and introduce yourself.

County Blood Drive

By: Paula Seamster

Have you, a family member or a close friend ever been in need of blood? Here is your chance to give back:

Caswell County will sponsor an American Red Cross Blood Drive on Thursday, April 17, 2014 from 10:00 a.m.—2:30 p.m. This event will be held in the Meeting Room (downstairs) of the Health Department. Our goal is 30 pints but we want to give more. We would like for all the county employees to consider giving the gift of life. It is recommended that you pre-register (to avoid a long wait) for this event just contact me at 694-4193 Ext. 106.



**American
Red Cross**

Together, we can save a life





DINE & DONATE

**To Support:
Relay For Life**

**Invite family, friends and neighbors
to Lone Star Steakhouse™**

**Lone Star Steakhouse, 255 Lowes Drive
434-791-4428**

**Thursday, March 13, 2014 through
Friday, March 14, 2014
11:00 AM - 10:00 PM**

**Present this flyer to your server, prior to ordering,
and we will donate 15%* of full priced menu items
from your receipt back to your organization.**

*Not valid in combination with any coupons,
discounts, in-store promotions or specials.

March 2014

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------|--|--|---|--|--|--|
| | | | | | | 1 Happy Birthday Woodrow Bigelow |
| 2 | 3 Commissioners' Meeting—6:30 p.m. | 4 Happy Birthday Dean Hodges Racquel Hughes Debbie Rascoe Jean Roberts | 5 Happy Birthday Sylvia Banks Doris Hylar Florence Vereen Staff Meeting | 6 Happy Birthday Mary Mitchell | 7 Happy Birthday Rose Farmer | 8 Happy Birthday Matthew Maness Patricia Smith- Overman |
| 9 Daylight Saving Time Begins | 10 Happy Birthday Jeannine Everidge Marvin Overton Catherine Wilson | 11 | 12 | 13 | 14 Lone Star Dine & Donate | 15 Commissioners' Board Retreat—Sen- ior Center—8:00 a.m. |
| 16 Happy Birthday Gwynn Brandon | 17 Commissioners' Meeting—6:30 p.m. St. Patrick's Day | 18 Happy Birthday Regina Becraft | 19 | 20 Happy Birthday Lelia Shelton Spring Begins | 21 Happy Birthday Sonja Johnson Ashlee Johnston Shephana Wood | 22 Happy Birthday Jessica Easter |
| 23 | 24 | 25 | 26 Happy Birthday Bonnie Gibson | 27 Happy Birthday Barbara Garner Christina Ragland | 28 | 29 |
| 30 Happy Birthday Renee Davis | 31 Happy Birthday Charity James Commissioners & School Meeting—5:30 | | | | | |

April 2014

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|---|
| | | 1 <i>Happy Birthday April Durden</i> | 2 <i>Staff Meeting</i> | 3 | 4 | 5 <i>Happy Birthday Rebecca Dellinger</i> |
| 6 | 7 <i>Commissioners' Meeting—6:30 p.m.</i> | 8 <i>All Fools' Day</i> | 9 | 10 | 11 <i>Happy Birthday Michael Elliott</i> | 12 <i>Employee Flea Market—Gym 7—1:00</i> |
| 13 | 14 | 15 | 16 | 17 <i>Caswell County Blood Drive - Health Dept. 10—2:30</i> | 18 <i>Good Friday</i> | 19 <i>Happy Birthday Jerald Brown A.J. Fuqua Raymond Graves</i> |
| 20 <i>Happy Birthday Wilson Gwynn</i> | 21 <i>Commissioners' Meeting—6:30 p.m. Easter Monday</i> | 22 | 23 <i>Happy Birthday Rebecca Archer</i> | 24 | 25 | 26 |
| 27 <i>Easter Sunday</i> | 28 | 29 | 30 | | | |